

# The Whistle Stop



## Don't Wait & See

Long before children start to talk, they are learning about communication. The sooner we see a child with delayed speech and language, the more we can help! Early detection of difficulties is important for later success in school and in life.

**Call Language Express today!**

**1-888-503-8885**



## Help Your Child to Self-Regulate

Self-regulation is the ability to manage your own energy level, emotions, behaviour and attention so that you can be calm, alert, and focused when you need to be.

Children vary in their ability to self-regulate. It is important that children learn to deal with stressors, such as noise, light, movement, or frightening experiences. Children have different levels of self-control and expend different amounts of energy to complete similar tasks and to participate in similar activities.

A child's ability to manage his emotions, behaviour and attention in socially acceptable ways is linked directly to how successfully he can learn and interact with others.

### Ways to Increase Your Child's Ability to Self-Regulate:

1. Make sure that your child gets plenty of sleep and healthy food. Being tired and hungry can make it difficult for a child to self-regulate.
2. Limit screen time. This is especially important close to bedtime, so that children don't have difficulty falling to sleep.
3. Become physically active with your child. Do some jumping jacks, play a game of tag or go for a walk before doing an activity that requires appropriate self-regulation.
4. Enroll your child in a structured activity. Children involved in team sports, community activities, music lessons, and other structured activities develop better self-regulation skills.
5. Play with your child! Spend time with each of your children doing what he/she is interested in.

## Important Information

Children born in 2010 must be referred before January 30, 2015 to receive an assessment and recommendations.

**After January 30, 2015,** referrals will only be accepted for children born in 2011 or later.





## Try These Books:

"Where is the Green Sheep?"  
by Mem Fox

"Little White Rabbit"  
by Kevin Henkes

"Tuck Me In"  
by Dean Hachon  
& Sherry Scharschmidt

## Did you know...?

Language Express has two new pamphlets describing ways to help to develop your child's speech and language skills:

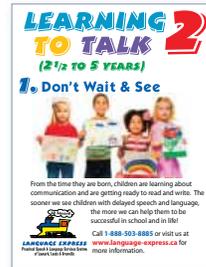
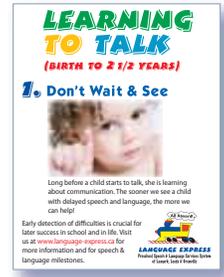
"Learning to Talk"  
(Birth to 2½ years)

and

"Learning to Talk 2"  
(2½ to 5 years).

Please call Language Express to receive your own copies!

**1-888-503-8885**



## DON'T WAIT AND SEE !

The sooner we see a child with delayed speech and language, the more we can help!

When should a child be referred to Language Express?

- If you are concerned about speech/language/hearing development,
- If your child's speech and language skills have not improved over the past six months,
- If your child repeats sounds and/or other words (stuttering),
- If your child's voice sounds different to you,
- If your child's play or social interactions seem inappropriate,
- If your child has a diagnosis such as cleft lip/palate, hearing loss, PDD/Autism or developmental delay,
- If your child is not meeting one or more of the milestones for his or her age.



Excerpt from:

## LEARNING TO TALK Birth to 2 1/2 Years

### Join In!

- Join in your child's play and talk about what your child is interested in.
- Join in your child's bath time! When your child splashes, splash back! Use words like splash, wet, water, wave and fun.
- Run, jump, swing and climb with your child. Use words like slow, fast, run and fall.
- Let's Pretend! Have a tea party, play school or act like animals!
- Look at a book together. Wait and see what interests your child and then talk about it. You don't have to read the words.

If you are concerned about your child's speech/language/hearing development or would like more information please contact Language Express at:

**1-888-503-8885**

For more information about milestones, activities to try at home and literacy tips please visit our website at:

[www.language-express.ca](http://www.language-express.ca)

